

feel better. look younger. live healthier.

YOUR GUIDE **HOW TO INJECT MEDICATIONS**



the biostation™

How to prepare the needle and syringe for injection



The following instructions, provide the basic information needed to prepare your medication for injection. Upon receipt of your prescription review the bottle and supplies carefully to ensure you've received all components. If you have questions, please contact your Patient Advocate or call 888.754.1852..

tools:

- **Sterile alcohol wipes**
- **Vials of medication**
- **Large needle for drawing medication (provided for certain medications)**
- **Small needle for injecting medication**

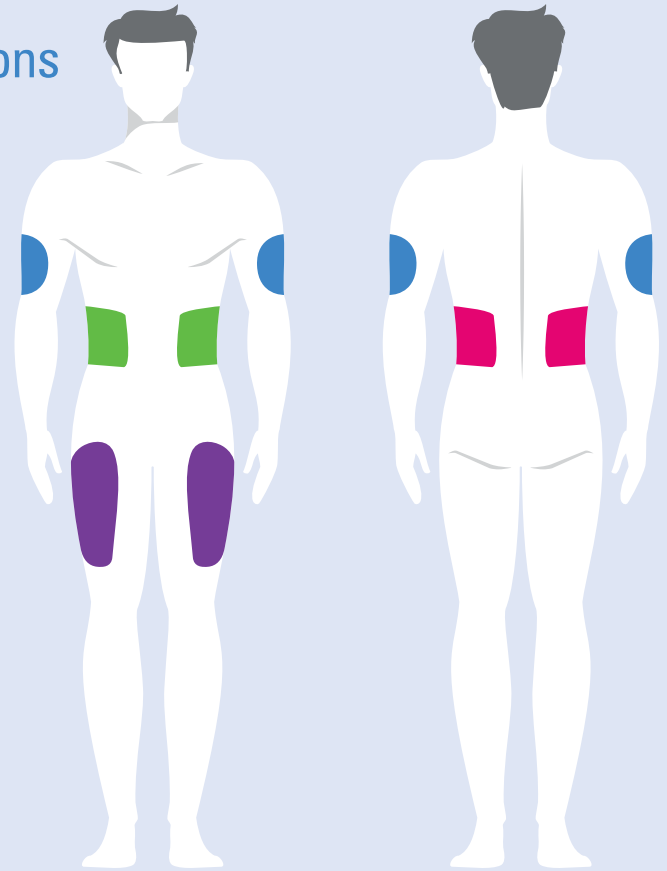
preparing the injection

- 1** Check the prescription label to be sure of the amount of medication to be administered at each dose.
- 2** If two sizes of needles are provided, attach the larger needle to the syringe (if it is not already attached). The larger needle is used to draw the medication into the syringe and should NOT be used to inject.
- 3** Using a sterile alcohol wipe, wipe the rubber stopper of the vial.
- 4** Push air into the prescribed dosage with the syringe. For example, if the dose is 1cc, you will need to push 1cc of air into the vial before drawing out the medication. This will create the appropriate amount of pressure in the vial for extracting the correct dose.
- 5** After pushing the air into the vial, ensure that the needle tip is in the medication, and turn the vial upside down. Draw back on the plunger and the medication will fill the barrel, and stop at, or very near, the appropriate dosage.
- 6** Replace the protective cover and remove the large needle from the syringe.
- 7** Twist the small needle onto the syringe and make sure it's securely tightened.
- 8** See following pages for administering Subcutaneous and Intramuscular injection sites.

Sites for routine subcutaneous injections

You should rotate injection sites to prevent scarring and skin changes. Be certain to keep a log of injection sites, including the date and time. Completely uncover the area prior to administering an injection. Keep injection sites an inch apart. Injection sites are:

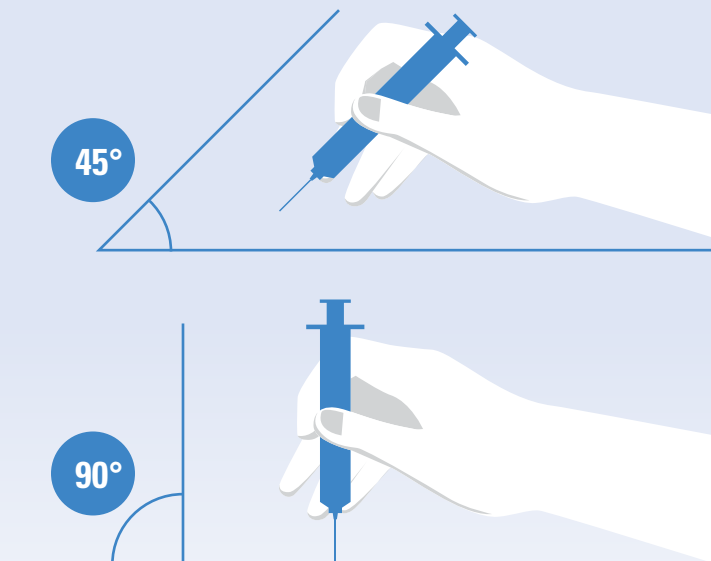
- **Abdomen** Either just below the waist to just above the hipbone or from the side to about 2 inches from the belly button.
- **Thigh** Gently grasp the area halfway between the hip and the knee, slightly to the side and pinch 1 to 2 inches of skin.
- **Lower Back** Draw an imaginary line that runs horizontally along the back just above the crack between the buttocks. Administer the injection halfway between the spine and the side.
- **Upper Arm** Injection recipient should stand with their hand on their hip. Administrator of the injection should stand next to or a little behind the injection recipient and find the area between the elbow and the shoulder. Grasp 1 to 2 inches of skin on the back of the arm between thumb and first two fingers.



administering the injection

- 1 Wipe the injection site with a fresh, sterile alcohol wipe.
- 2 Pinch 1 to 2 inches of skin at the injection site until taut.
- 3 Injection should be administered at a 90-degree angle if grasping 2 inches of skin and 45-degree angle if only able to grasp 1 inch of skin.
- 4 Inject the needle into the skin.

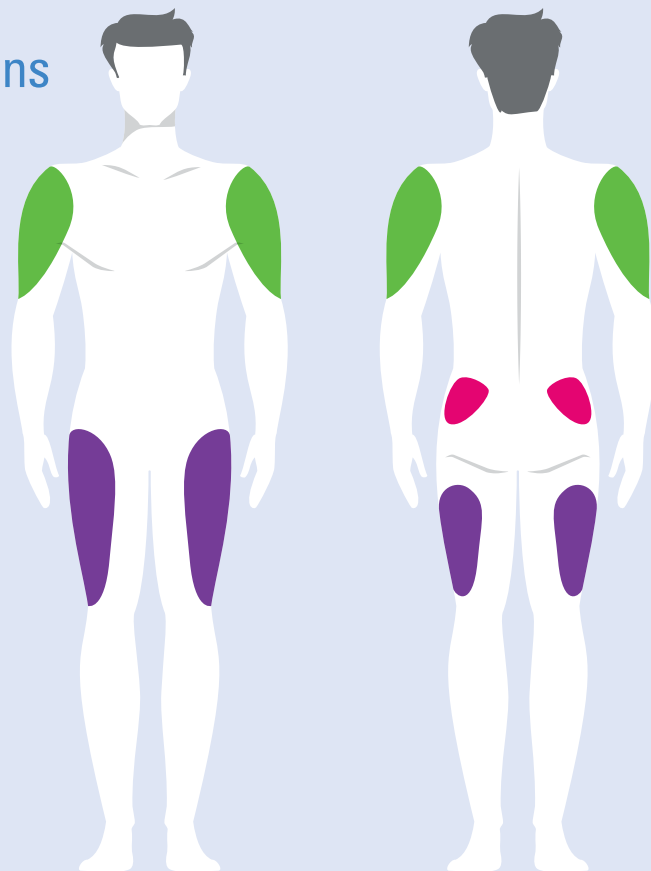
The above information is an educational aid only. It is not intended as medical advice for individual conditions or treatments. Please contact **the biostation™** team, your doctor, nurse or pharmacist before following any medical regimen to see if it is safe and effective for you.



Sites for routine intramuscular injections

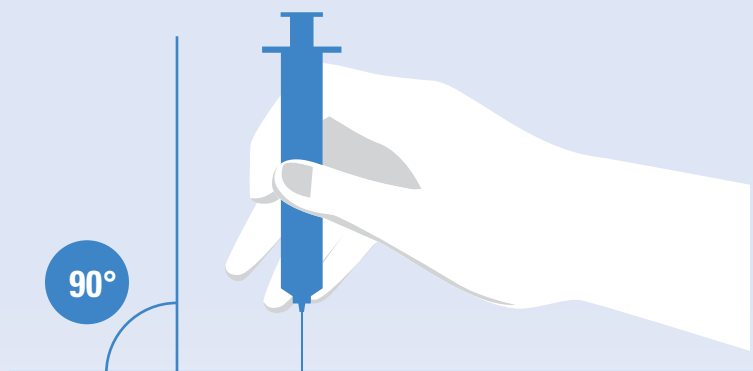
You should rotate injection sites to prevent scarring and skin changes. Be certain to keep a log of injection sites, including the date and time. Keep injection sites an inch apart. Injection sites are:

- **The deltoid muscle of the arm**
- **The vastus lateralis (quadriceps or thigh) muscle of the leg**
- **The ventrogluteal and dorsogluteal muscles of the buttocks**



administering the injection

- 1 Wipe the injection site with a fresh, sterile alcohol wipe.
- 2 Hold the skin of the injection site taut (except when injecting into the thigh, which requires lifting the muscle).
- 3 Injection should be administered at a 90-degree angle.
- 4 Inject the needle into the skin.
- 5 Pull back the plunger very slightly. If blood appears, remove and dispense of the needle. Prepare a new injection.
- 6 If no blood is present, continue to inject the medication slowly.



The above information is an educational aid only. It is not intended as medical advice for individual conditions or treatments. Please contact **the biostation™** team, your doctor, nurse, or pharmacist before following any medical regimen to see if it is safe and effective for you.